DESCRIPTION

The *Journal of Bodywork and Movement Therapies* is a peer-reviewed journal that brings you the latest therapeutic techniques and current professional debate.

Publishing highly illustrated articles on a wide range of subjects this journal is immediately relevant to everyday clinical practice in private, community and primary health care settings.

Techniques featured include:

- Physical Therapy
- Osteopathy
- Chiropractic
- Massage Therapy
- Structural Integration
- Feldenkrais
- Yoga Therapy
- Dance
- Physiotherapy
- Pilates
- Alexander Technique
- Shiatsu and Tuina
- Occupational Therapy
- Tai Chi / Qi Gong
- Cranial Therapy
- Neuromuscular Therapy
- Lymph Drainage
- Sports Therapy
- Applied Kinesiology
Essential reading for all those involved in the assessment, diagnosis, treatment and rehabilitation of musculoskeletal dysfunction.

ABSTRACTING AND INDEXING

Scopus
CINAHL
Neuroscience Abstracts
EMBASE
Cambridge Scientific Abstracts
Cochrane Center
Calcium and Calcified Tissue
MANTIS
CHID(AM)
Medline/Index Medicus

EDITORIAL BOARD

Editor:
Leon Chaitow, School of Integrated Health, University of Westminster, 115 New Cavendish Street, London W1M 8JS, UK

Senior Associate Editors
Jerrilyn Cambron, National University of Health Sciences, Lombard, IL
John Hannon, San Luis Obispo, CA, USA
Dimitrios Kostopoulos, Hands-on Physical Therapy, 3270, 31 Street, Astoria, NY 11106, USA
Craig Liebenson, 10474 Santa Monica Blvd, Suite 202, Los Angeles, CA 90025, USA

Associate Editors - Prevention and Rehabilitation
Warrick McNeill, London, UK
Matt Wallden, London, UK
S. Chappelle, Squamish, Canada
M.S. Plumb, Oxford, UK
R. Stanborough, St. Augustine, FL, USA
S. Vogel, London, UK

International Advisory Board
C. Bron, Groningen, The Netherlands
J. Carleton, New York, USA
J. Cambron, Lombard, IL
Z. Comeaux, Lewisburg, WV, USA
S. Chappelle, Squamish, BC
C.F. de las Peñas, Madrid, Spain
J. (Walker) DeLany, St Petersburg, FL, USA
J. Dommerholt, Bethesda, MD, USA
J. Downes, Marietta, GA, USA
T.M. Field, Miami, FL, USA
P. Finch, Toronto, ON, Canada
T. Findley, NJ, USA
D. FitzGerald, Dublin, Ireland
S. Fritz, Lapeer, MI, USA
G. Fryer, Melbourne City, Australia
C. Gilbert, San Francisco, USA
C.H. Goldsmith, Hamilton, ON, Canada
S. Goossen, Jacksonville, FL, USA
S. Gracovetsky, Montreal, Canada
M. Gray, London, UK
P. Hodges, QLD, Australia
B. Ingram-Rice, Sarasota, FL, USA
J. Kahn, Burlington, VT, USA
R. Lardner, Chicago, IL, USA
P.J.M. Latey, Sydney, Australia
E. Lederman, London, UK
D. Lee, Canada
D.C. Lewis, Seattle, WA, USA
W.W. Lowe, Bend, OR, USA
J. McEvoy, Limerick, Ireland
L. McLaughlin, Ontario, Canada
C. McMakin, Portland, OR, USA
J.P. McPartland, Auckland, New Zealand
C. A. Moyer, Menomonie, WI, USA
D.R. Murphy, Providence, RI, USA
T. Myers, Scarborough, ME, USA
C. Norris, Sale, UK
B. O’Neill, Pennsylvania, USA
N. Osborne, Bournemouth, UK
J.L. Oschman, Dover, NH, USA
D. Peters, London, UK
M.M. Reinold, Boston, USA
G. Rich, Juneau, AK, USA
C. Rosenholtz, Boulder, CO, USA
R. Schleip, Munich, Germany
J. Sharkey, Ireland
D. Thompson, Seattle, WA, USA
C. Traole, London, UK
P. Tunnell, Connecticut, USA
A. Vleeming, Schoten, Belgium
M. Wallden, London, UK
E. Wilson, York, UK
GUIDE FOR AUTHORS

The Journal of Bodywork and Movement Therapies brings you the latest therapeutic techniques and current professional debate. Publishing highly illustrated articles on a wide range of subjects this journal is immediately relevant to everyday clinical practice in private, community and primary health care settings.

Presentation of typescripts
Your article should be typed on one side of the paper, double spaced with a margin of at least 3cm. Rejected articles, and disks, will not be returned to the author unless an SAE is enclosed.

Papers should be set out as follows, with each section beginning on a separate sheet: title page, abstract, text, acknowledgements, references, tables, and captions to illustrations.

You should give a maximum of four degrees/qualifications for each author and the current relevant appointment.

The abstract should be 250-300 words in length.

Text
Headings should be appropriate to the nature of the paper. The use of headings enhances readability. Three categories of headings should be used:

- major ones should be typed in capital letters in the centre of the page and underlined
- secondary ones should be typed in lower case (with an initial capital letter) in the left hand margin and underlined
- minor ones typed in lower case and italicised

Do not use 'he', 'his', etc. where the sex of the person is unknown; say 'the patient', etc. Avoid inelegant alternatives such as 'he/she'. Avoid sexist language.

Avoid the use of first person ('I' statements) and second person ('you' statements). Third person, objective reporting is appropriate. In the case of reporting an opinion statement or one that cannot be referenced, the rare use of 'In the author's opinion?' or 'In the author's experience?.' might be appropriate. If in doubt, ask the editor or associate editor for assistance.

Acronyms used within the text are spelled out at the first location of usage and used as the acronym thereafter. For example, 'The location of a central trigger point (CTrP) is central to a taut fiber. The CTrP is palpated by......'

Single quotation are used to express a quote marks (Matthews (1989) suggests, 'The best type of?') while double quotation marks are used for a quote within a quote or to emphasise a word within a quote.

Promotion of self, seminars or products is inappropriate. Reference to a particular product as it applies to the discussion, particularly where valid research of the product or comparison of products is concerned, can be included as long as a non-promotional manner is used.

Illustrations
The journal is fully illustrated throughout. Please give consideration at an early stage of writing your paper to the illustrations which will enhance and develop the text. It is the author's responsibility to provide all the illustrations for the paper. However, following discussion with the Editor, Journal of Bodywork & Movement Therapies may undertake (at no expense to the author) redrawing from supplied references figures. Additionally Journal of Bodywork & Movement Therapies has access, at no cost to the author, to illustrations appearing elsewhere in Elsevier imprint books and journals. Full source files should be supplied at submission. Label each figure with a figure number corresponding to the order it appears within the article (i.e., Figure 1, Figure 2). Ensure that each illustration is cited within the text ('see Figure 1') and that a caption is provided.

Reference style
The accuracy of references is the responsibility of the author. This includes not only the correct contextual use of the material, but also the citation itself. In the text your reference should state the author's surname and the year of publication (Smith 1989); if there are two authors you should give both surnames (Smith & Black 1989). When a source has more than two authors, give the name of the
first author followed by 'et al' (Smith et al 1989). No commas are used between the name and date.
It is important to verify the correct and full title, the full authorship, and all other reference details with the original source (book, journal, etc.,) or through a service, such as Medline or ScienceDirect.

A list of all references in your manuscript should be typed in alphabetical order, double spaced on a separate sheet of paper. Each reference to a paper needs to include the **author's surname** and **initials, year of publication, full title of the paper, full name of the journal, volume number and first and last page numbers.** The names of multiple authors are separated by a comma with each appearing as surname followed by initials. The date is placed after the author's name(s), not at the end of the citation.

Here are examples:

References to books should be in a slightly different form:
Hicks CM 1995 Research for Physiotherapists. Churchill Livingstone, Edinburgh
When citing a paper that has a digital object identifier (doi) please use the following style:


**Page charges**
This journal has no page charges.

**BEFORE YOU BEGIN**

**Ethics in publishing**
Please see our information pages on Ethics in publishing and Ethical guidelines for journal publication.

**Human and animal rights**
If the work involves the use of human subjects, the author should ensure that the work described has been carried out in accordance with The Code of Ethics of the World Medical Association (Declaration of Helsinki) for experiments involving humans; Uniform Requirements for manuscripts submitted to Biomedical journals. Authors should include a statement in the manuscript that informed consent was obtained for experimentation with human subjects. The privacy rights of human subjects must always be observed.

All animal experiments should comply with the ARRIVE guidelines and should be carried out in accordance with the U.K. Animals (Scientific Procedures) Act, 1986 and associated guidelines, EU Directive 2010/63/EU for animal experiments, or the National Institutes of Health guide for the care and use of Laboratory animals (NIH Publications No. 8023, revised 1978) and the authors should clearly indicate in the manuscript that such guidelines have been followed.

**Declaration of interest**
All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. Authors must disclose any interests in two places: 1. A summary declaration of interest statement in the title page file (if double-blind) or the manuscript file (if single-blind). If there are no interests to declare then please state this: 'Declarations of interest: none'. This summary statement will be ultimately published if the article is accepted. 2. Detailed disclosures as part of a separate Declaration of Interest form, which forms part of the journal's official records. It is important for potential interests to be declared in both places and that the information matches. More information.
**Submission declaration**
Submission of an article implies that the work described has not been published previously (except in the form of an abstract, a published lecture or academic thesis, see 'Multiple, redundant or concurrent publication' for more information), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright-holder.

**Preprints**
Please note that preprints can be shared anywhere at any time, in line with Elsevier's sharing policy. Sharing your preprints e.g. on a preprint server will not count as prior publication (see 'Multiple, redundant or concurrent publication' for more information).

**Changes to authorship**
Authors are expected to consider carefully the list and order of authors before submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion or rearrangement of author names in the authorship list should be made only before the manuscript has been accepted and only if approved by the journal Editor. To request such a change, the Editor must receive the following from the corresponding author: (a) the reason for the change in author list and (b) written confirmation (e-mail, letter) from all authors that they agree with the addition, removal or rearrangement. In the case of addition or removal of authors, this includes confirmation from the author being added or removed.

Only in exceptional circumstances will the Editor consider the addition, deletion or rearrangement of authors after the manuscript has been accepted. While the Editor considers the request, publication of the manuscript will be suspended. If the manuscript has already been published in an online issue, any requests approved by the Editor will result in a corrigendum.

**Copyright**
Upon acceptance of an article, authors will be asked to complete a 'Journal Publishing Agreement' (see more information on this). An e-mail will be sent to the corresponding author confirming receipt of the manuscript together with a 'Journal Publishing Agreement' form or a link to the online version of this agreement.

Subscribers may reproduce tables of contents or prepare lists of articles including abstracts for internal circulation within their institutions. Permission of the Publisher is required for resale or distribution outside the institution and for all other derivative works, including compilations and translations. If excerpts from other copyrighted works are included, the author(s) must obtain written permission from the copyright owners and credit the source(s) in the article. Elsevier has preprinted forms for use by authors in these cases.

For open access articles: Upon acceptance of an article, authors will be asked to complete an 'Exclusive License Agreement' (more information). Permitted third party reuse of open access articles is determined by the author’s choice of user license.

**Author rights**
As an author you (or your employer or institution) have certain rights to reuse your work. More information.

Elsevier supports responsible sharing
Find out how you can share your research published in Elsevier journals.

**Role of the funding source**
You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.

**Funding body agreements and policies**
Elsevier has established a number of agreements with funding bodies which allow authors to comply with their funder's open access policies. Some funding bodies will reimburse the author for the Open Access Publication Fee. Details of existing agreements are available online.
After acceptance, open access papers will be published under a noncommercial license. For authors requiring a commercial CC BY license, you can apply after your manuscript is accepted for publication.

**Open access**
This journal offers authors a choice in publishing their research:

**Subscription**
- Articles are made available to subscribers as well as developing countries and patient groups through our universal access programs.
- No open access publication fee payable by authors.

**Open access**
- Articles are freely available to both subscribers and the wider public with permitted reuse.
- An open access publication fee is payable by authors or on their behalf, e.g. by their research funder or institution.

Regardless of how you choose to publish your article, the journal will apply the same peer review criteria and acceptance standards.

For open access articles, permitted third party (re)use is defined by the following Creative Commons user licenses:

**Creative Commons Attribution-NonCommercial-NoDerivs (CC BY-NC-ND)**
For non-commercial purposes, lets others distribute and copy the article, and to include in a collective work (such as an anthology), as long as they credit the author(s) and provided they do not alter or modify the article.

The open access publication fee for this journal is **USD 2500**, excluding taxes. Learn more about Elsevier's pricing policy: [http://www.elsevier.com/openaccesspricing](http://www.elsevier.com/openaccesspricing).

**Green open access**
Authors can share their research in a variety of different ways and Elsevier has a number of green open access options available. We recommend authors see our green open access page for further information. Authors can also self-archive their manuscripts immediately and enable public access from their institution's repository after an embargo period. This is the version that has been accepted for publication and which typically includes author-incorporated changes suggested during submission, peer review and in editor-author communications. Embargo period: For subscription articles, an appropriate amount of time is needed for journals to deliver value to subscribing customers before an article becomes freely available to the public. This is the embargo period and it begins from the date the article is formally published online in its final and fully citable form. [Find out more.](#)

This journal has an embargo period of 12 months.

**Language (usage and editing services)**
Please write your text in good English (American or British usage is accepted, but not a mixture of these). Authors who feel their English language manuscript may require editing to eliminate possible grammatical or spelling errors and to conform to correct scientific English may wish to use the [English Language Editing service](#) available from Elsevier's WebShop.

**Informed consent and patient details**
Studies on patients or volunteers require ethics committee approval and informed consent, which should be documented in the paper. Appropriate consents, permissions and releases must be obtained where an author wishes to include case details or other personal information or images of patients and any other individuals in an Elsevier publication. Written consents must be retained by the author and copies of the consents or evidence that such consents have been obtained must be provided to Elsevier on request. For more information, please review the [Elsevier Policy on the Use of Images or Personal Information of Patients or other Individuals](#). Unless you have written permission from the patient (or, where applicable, the next of kin), the personal details of any patient included in any part of the article and in any supplementary materials (including all illustrations and videos) must be removed before submission.

**Submission**
The journal Editor, Leon Chaitow, welcomes articles for publication in the journal. The manuscript should be sent as an email attachment to chaitow1@gmail.com. In order to speed up the refereeing process internet transmission of submissions with illustrations included are encouraged. For ease of
downloading these should not be of high resolution at the submission stage. For ease of editing, these should not be embedded as email: they should be sent as attached document files. It is imperative that these guidelines to authors be followed, including referencing style and type and resolution of suggested illustrations. (See below).

Formatting of funding sources

List funding sources in this standard way to facilitate compliance to funder's requirements:

Funding: This work was supported by the National Institutes of Health [grant numbers xxxx, yyyy]; the Bill & Melinda Gates Foundation, Seattle, WA [grant number zzzz]; and the United States Institutes of Peace [grant number aaaa].

It is not necessary to include detailed descriptions on the program or type of grants and awards. When funding is from a block grant or other resources available to a university, college, or other research institution, submit the name of the institute or organization that provided the funding.

If no funding has been provided for the research, please include the following sentence:

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

Data references

This journal encourages you to cite underlying or relevant datasets in your manuscript by citing them in your text and including a data reference in your Reference List. Data references should include the following elements: author name(s), dataset title, data repository, version (where available), year, and global persistent identifier. Add [dataset] immediately before the reference so we can properly identify it as a data reference. The [dataset] identifier will not appear in your published article.

Reference management software

Most Elsevier journals have their reference template available in many of the most popular reference management software products. These include all products that support Citation Style Language styles, such as Mendeley and Zotero, as well as EndNote. Using the word processor plug-ins from these products, authors only need to select the appropriate journal template when preparing their article, after which citations and bibliographies will be automatically formatted in the journal's style. If no template is yet available for this journal, please follow the format of the sample references and citations as shown in this Guide.

Users of Mendeley Desktop can easily install the reference style for this journal by clicking the following link:


When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice.

AudioSlides

The journal encourages authors to create an AudioSlides presentation with their published article. AudioSlides are brief, webinar-style presentations that are shown next to the online article on ScienceDirect. This gives authors the opportunity to summarize their research in their own words and to help readers understand what the paper is about. More information and examples are available. Authors of this journal will automatically receive an invitation e-mail to create an AudioSlides presentation after acceptance of their paper.

Data visualization

Include interactive data visualizations in your publication and let your readers interact and engage more closely with your research. Follow the instructions here to find out about available data visualization options and how to include them with your article.

AFTER ACCEPTANCE

Online proof correction

Corresponding authors will receive an e-mail with a link to our online proofing system, allowing annotation and correction of proofs online. The environment is similar to MS Word: in addition to editing text, you can also comment on figures/tables and answer questions from the Copy Editor. Web-based proofing provides a faster and less error-prone process by allowing you to directly type your corrections, eliminating the potential introduction of errors.
If preferred, you can still choose to annotate and upload your edits on the PDF version. All instructions for proofing will be given in the e-mail we send to authors, including alternative methods to the online version and PDF.

We will do everything possible to get your article published quickly and accurately. Please use this proof only for checking the typesetting, editing, completeness and correctness of the text, tables and figures. Significant changes to the article as accepted for publication will only be considered at this stage with permission from the Editor. It is important to ensure that all corrections are sent back to us in one communication. Please check carefully before replying, as inclusion of any subsequent corrections cannot be guaranteed. Proofreading is solely your responsibility.

**Offprints**

The corresponding author will, at no cost, receive a customized Share Link providing 50 days free access to the final published version of the article on ScienceDirect. The Share Link can be used for sharing the article via any communication channel, including email and social media. For an extra charge, paper offprints can be ordered via the offprint order form which is sent once the article is accepted for publication. Both corresponding and co-authors may order offprints at any time via Elsevier's Webshop. Corresponding authors who have published their article open access do not receive a Share Link as their final published version of the article is available open access on ScienceDirect and can be shared through the article DOI link.

**AUTHOR INQUIRIES**

Visit the Elsevier Support Center to find the answers you need. Here you will find everything from Frequently Asked Questions to ways to get in touch.

You can also check the status of your submitted article or find out when your accepted article will be published.